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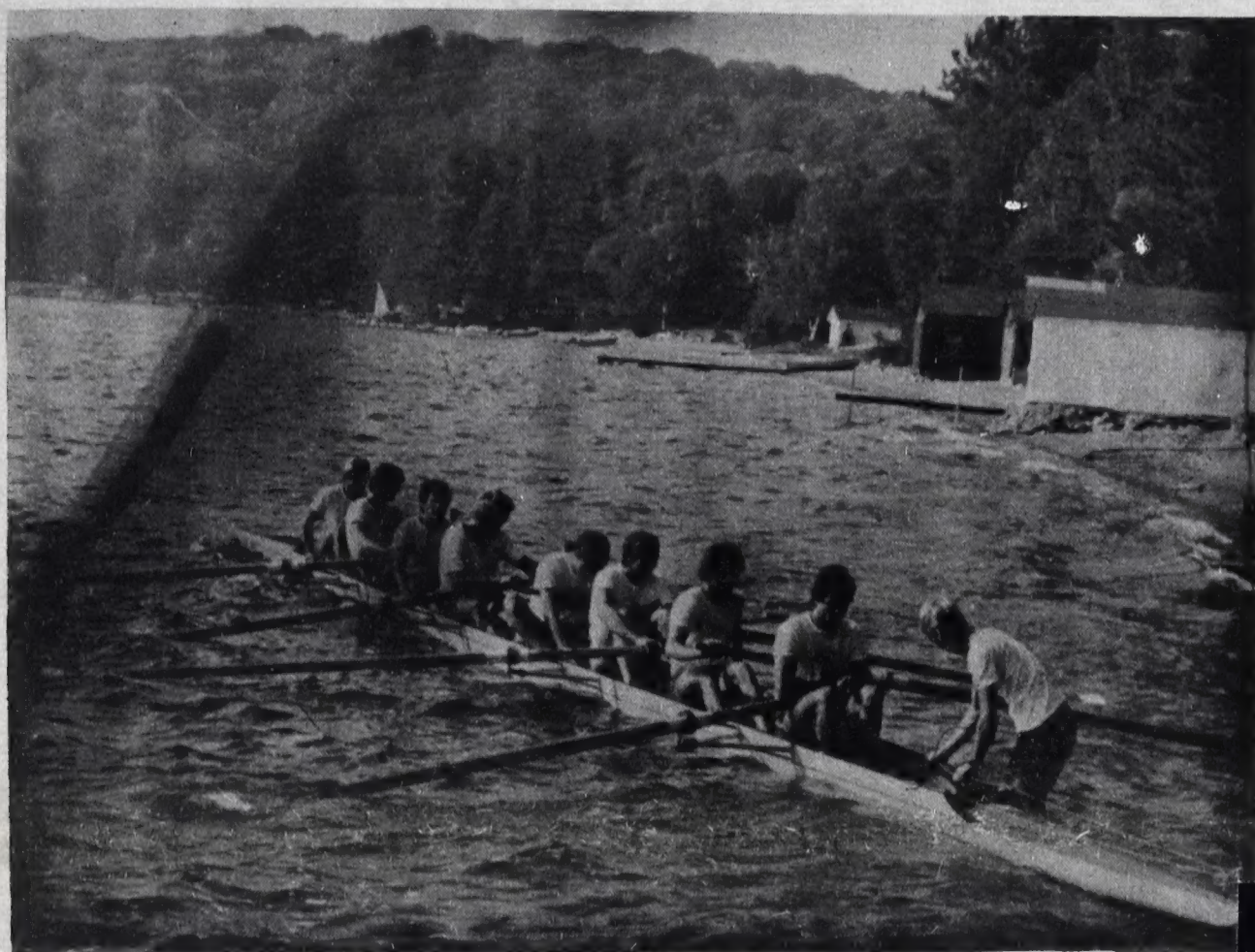
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Vol. 2, Number 32

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Wednesday, August 16, 1978



HALL'S LAKE — Seen above are the Vancouver Rowing Club's senior eight practising for upcoming races at Hall's Lake north of Minden. The club spent a week

at the cottage of Charles Morrow, father of the coach of the senior eight, Alan Morrow. Results of their two championship races while in Ontario are in this issue

Vancouver Rowing Club 8's practise at Hall's Lake

HALL'S LAKE — For four days last week, Allan Morrow, coach of the Vancouver Rowing Club's 8's (eight oarsmen plus coxswain), practised at Morrow's father's cottage on Hall's Lake to prepare for the Canadian Henley race which was held this past weekend in St. Catharines.

Two weeks ago the crew took part in the Canadian championships at the Olympic Basin in Montreal and came away champions. They then came up against the special guests of the championships, the Cuban's and soundly beat them in close to record time of five minutes and 49.5 seconds, less than five seconds off the world record held by the East Germans at the Olympics in 1976.

However, coach Morrow told the Express "times really don't mean that much because of changing winds during a race of this type. "You could start off with the wind blowing directly in your face and halfway through the race it could be blowing behind you, so times really don't mean that much now."

The Canadian championship senior men's 8's are: Coxswain, Peter Jackson; Stroke, David Orr, Fred Withers, John Richardson, Robin Catherall, Marius Felix, Morris Hutchins, David Wilkinson and David Dunnison.

After the race in St. Catharines, the National teams in all categories will be picked for the World championships, scheduled for later this year in Lake Karapiro in New Zealand. Coach Morrow said that some of the rowers on his team could be picked for the Nationals.

ST. CATHARINES — The Vancouver Rowing Club won the big race at the 96th Royal Canadian Henley Regatta on Sunday, but St. Catharines took the pts.

title.

The Vancouver club fought from behind in the early stages of the championship eight, then staged a late drive to fight off Philadelphia for a half length win in 5:52.5. It brought them the Ned Hanlan Trophy.

University of Pennsylvania, the early leader faded to third with St. Catharines fourth. Buffalo finished fifth with St. Catharines juniors sixth.

The Vancouver rowing club eight have been training for the past week at the cottage of Charles Morrow on Hall's Lake. Coach of the team is Morrow's son, Alan.

Another hectic week for Minden OPP staff

MINDEN — OPP report the following activities for the period of August 7-14. Twenty-three motor vehicle collisions and one collision reported took place in the Huntsville area and information relayed. Of the 22 collisions, 12 persons were injured and required medical attention.

There were 139 general occurrences investigated five break-ins reported, 16 thefts, 12 messages delivered, 12 boating violations, five persons charged with liquor violations and three persons charged with impaired driving.

3 persons injured, 2 charged in two single car mishaps

MINDEN — A single vehicle accident occurred at 11 am on Kashaga Drive near Haliburton when M. T. Irwin 22 of Haliburton was northbound in a 1972 Chev Van, when he moved to the right to avoid traffic and left the roadway striking a hydro pole.

Irwin suffered minor injuries and was treated

Gormley man faces 5 charges after leaving scene

MINDEN — William Duckworth 24, of Gormley, Ontario faces five charges today after he failed to remain at the scene of an accident.

Frank Robinson 24, of Weston, Ontario was southbound on 35 near Hwy. 121 when Duckworth who was northbound crossed the centre line into the southbound lane. Robinson trying to avoid a collision pulled to the right and struck the guide rail and Duckworth continued northbound but was apprehended later and charged.

He now faces the following charges: failing to remain at the scene, impaired driving, refusing to supply a breath sample, driving with liquor readily available and breach of probation. Duckworth's Ford escaped damage but Robinson's vehicle received \$800 in damages.—PC R. A. Barnes.

Highlights of AHM council meeting of last Wednesday

MINDEN — The regular meeting of the council for Anson, Hindon and Minden was held last Wednesday and the following are the highlights of that

for the addition to the municipal garage. Council passed a motion stating that tenders be called for of a two bay addition to the garage. Tenders will close August 30th.

Mr. Deac Jackson, Fire Chief attended council to discuss the possibility of the Kinetite Club using the firehall for a flea market in the event of bad weather. Council agreed to donate the hall to the Kinetites, providing the township is not held responsible for any losses or damages and the building be left clean and tidy.

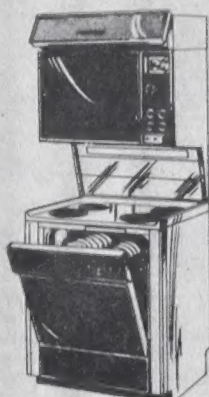
Council received an application from Luis Alvarez in concession 2, lot 8 and 9, Anson Twp. to construct either a bridge or a causeway to an island in Bob Lake. Council refused the application on the basis that it is a navigable waterway and as such shall not be obstructed.

at the hospital. He was also charged with failing to wear a seat belt assembly. Damage to the van is set at \$1000 while the pole received \$550 in damage.

At about 9:45 that same evening a single car collision occurred on the Old Boshkung Lake Rd. Alan Ward 18 of Scarborough was westbound on the road when he failed to negotiate a curve, hit some trees and rolled over. His Volkswagon received \$1300 in damage and he was charged with careless driving and failing to wear a seat belt. Ward and a passenger in his car, Kevin Hunter both received minor injuries.—PC A. Barnes.

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A political pundit is any
commentator who hap-
pened to guess right.

STANHOPE NOTES

by Alex. F. Stevenson

Stanhope voters may find themselves voting on the liquor question in our next municipal election. This comes about as a result of action of the Liquor Control Board of Ontario in requiring a vote of 60 percent or better in favour of the sale of spirits under a lounge license, or the cancellation of special occasion permits in the township, should the vote be less than 60 percent in favour of outlets.

Without special event permits, much of what is done in the community will come to an end, for without the permits most fund raising efforts will be very much curtailed.

This writer enjoys a well run licensed lounge, but this way of getting public acceptance of outlets seems to be something close to blackmail.

In townships like Stanhope, where there are no industries or corporate entities to turn to for financial support, dances with bars are a major fund raising source.

If the Liquor Board wants more outlets then let them go after them but don't force acceptance by taking away rights now enjoyed by people. Furthermore the cost of special events permits and the extra levy on the price of liquor and beer leaves little room for complaint from the board from a financial point of view.

Council will be acting on this matter at a special meeting to be held during August.

Elvin Johnson, serving on the present council and with some years of experience on council has announced that he will run again in the November election. Elvin has been a member of the fire department since it was formed and also is a member of the recreation committee. Another member of the fire department who will run for election is Roger Woods. Roger resides in the Maple Lake area and will seek support for the position of councillor.

Next Saturday, August 19th is the date set for the Recreation Committee's walk-a-thon and already participants can be seen on the roads getting ready for their walk. The committee is now prepared to proceed with the work on the tennis courts (2) as



Gay Dawn Farm's "Samson Anxiety"

MINDEN — One of the top Hereford bull's in Ontario "Samson Anxiety" owned by Gay Dawn Farms, walked off with many top ribbons at Fair on the weekend. His owner, Donald Barker of Fenelon Falls, recently won the top performer at Arkell, the bull performance testing station in Guelph. Samson gained about 4.2 pounds per day over the 140 day test. This gain per day indexed at 112 which is 12 percent above the average for the base group. Above, Samson is shown with proud owner winning another top ribbon at the County Fair.

soon as approval of the grant application is received from culture and recreation authorities. When this approval is received a meeting of tennis enthusiasts will be called and they will be invited to provide some input re: future tennis activities.

The July swimming course is now finished and results indicate that it was a success. Original enrolment of 61 included a number on vacation and after departures there were still 54 enrolled. Of this number 41 were tested by instructors Carolyn and Marilyn Kinsman and a Red Cross Examiner, and all 41 passed the test. Four others tried the test for the bronze and of this group two passed.

Of those not taking the tests for higher levels some were considered to be at high enough levels for their age, and it was thought inadvisable to subject them to the more strenuous tests for the higher levels.

Recently we made reference to the fact that a new family had moved into the former Sisson property on Hwy. 530. In recent years this property had been the home of the Harrington family who have moved to another area.

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AMATEUR FAIR CONTEST

Once again this year the Haliburton County Fair amateur contest was well attended and MC Gwenn Duncan did an excellent job of running the show to the delight of the large crowd. Also, a great deal of thanks has to go to the Misty River Ramblers who did a good job providing the music for the contestants.

The following won first place finishes in this year's contest: 12 years and under, Gale Barnhart of Carnarvon; 13 to 20 Lisa Teetro of Haliburton; 21 years and over, Curtis Gartshore of Minden. Joe Pearson of Bancroft won the fiddle contest.

In other amateur contests, the biggest bubble (gum) saw Craig Shapiero win and the Ladies nail driving contest went to 1st Edna Louchs, 2nd, Maisie Mintz and 3rd Pat Lichty, all of Minden.

The oldest man and lady at the Fair went to two Lochlin people, Mildred Herbert 90 and Tom Hoyle 88. The longest married couple were Mr. and Mrs. Fred Wright of Minden, 57 years.

"Problems are soluble"

Anthony Westell, the Toronto Star, 1978: "Everybody says the economy is in terrible shape, so it must be, mustn't it? Well no; actually, we're not doing badly at all... So why do people keep saying these frightening things about our economy and our prospects as a country? Of course we have economic problems. In the main, they're problems born of success rather than failure: We've done so well over the past quarter-century that our expectations are high and any setback seems like a crisis. But the problems are soluble—indeed, we are already making progress... For the vast majority of Canadians, life has never been richer."

OUR WEEKLY BREAD



During our life we have ups and downs, times of satisfaction and times of trial. We experience success and failure simply because we do not know our limitations. We have the chance to know and improve our character.

We must live a life based on intelligent principles to be a true man of God. Do not act on emotion and impulse unless it makes sense. —PM





These shoes are made for Walkin' Saturday, Aug. 19

Stanhope's Recreation Committees Walk-a-thon gets underway this Saturday at 10 am from the Fire Hall on the North Shore Rd. Above photo shows the McKinley family preparing for their walk. From the left, they are Anita, Lee-Ann and David. In the event of bad weather, the Walk-a-thon will be held on the following Saturday, August 26th. An 8 mile walk is scheduled.

Unionville man takes 8 firsts at Heavy Horse show at Fair

MINDEN — The annual County Fair Heavy Horse Show is perhaps the biggest highlight of the entire Fair and this year's show was no exception. Gordon Lewis of Unionville and his handsome team of Clydesdales walked off with eight blue ribbons at the fair plus the Ron Gambell trophy for the best Foal of 1978. Sinc Nesbitt of Minden pulled in five blue ribbons with his Belgians plus the Don Gartshore Memorial trophy for the best Registered team of mares. Keith Hobden took four ribbons, also with Belgians.

Here are the results of the heavy horse show:

6 horse hitch,
Keith Hobden, Lindsay
4 horse hitch,
Keith Hobden, Lindsay
Unicorn, Don Robertson, Lindsay
Heavy draft, Clydesdale
Gordon Lewis, Unionville
Heavy draft, Belgians
Keith Hobden, Lindsay
Heavy Team, Commercial
E. Cochrane, Blackstock
Heavy draft, Percheron
Don Robertson, Lindsay
Light draft, Belgian
Keith Hobden, Lindsay
Light draft, Commercial
E. Cochrane, Blackstock
Light draft, Percheron
Wally Denne, Washago
Light draft, Clydesdale
Gordon Lewis, Unionville
Team, Registered Mares
S. G. Nesbitt, Minden
Don Gartshore Memorial Trophy
Lady Driver,
Alicia Watkins
Brood Mare with Foal, Clydesdale
Gordon Lewis, Unionville
Foal of 1978, Clydesdale
Gordon Lewis, Unionville
Brood Mare with Foal, Belgian
S. G. Nesbitt, Minden
Foals of 1978, Belgian
S. G. Nesbitt, Minden
Brood Mare with Foal, Percheron
Percy Mountjoy, Oshawa
Foal of 1978, Percheron

Percy Mountjoy, Oshawa
Best Foal 1978
Gordon Lewis, Unionville
Ron Gambell trophy
1 year old Belgian
S. G. Nesbitt, Minden
1 year old Clydesdale
Gordon Lewis, Unionville
1 year old Percheron
E. Merkley, Washago
2 year old Percheron
Percy Mountjoy, Oshawa
2 year old Clydesdale
Gordon Lewis, Unionville
2 year old, Belgian
S. G. Nesbitt, Minden
3 year old Percheron
Don Robertson, Lindsay

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Canadian Comment

BY PETER WARD

OTTAWA (SF)— Among the sheaf of telegrams received by former Defense Minister James Richardson when he quit the Liberals was a wire which said simply: "Three cheers and a Tiger for you ... The Toronto Liberals." You might raise an eyebrow or two over the signature, but only if you don't know what's going on inside the Liberal Party. There are a growing number of party stalwarts expressing nervousness about the plans of the Prime Minister for constitutional reform.

Sure there is disagreement with the nuts and bolts of Mr. Trudeau's ideas — the design for a reconstructed Senate, new rules for the Supreme Court — but it's philosophy and attitude which is proving to be the greatest stumbling block.

Jim Richardson's fight with the PM is based on what Richardson sees as Mr. Trudeau's attempt to make Canada into a bilingual country, with the Francophone tail wagging the Anglophone dog right down to the conjugation of irregular verbs. There may be some justification for Richardson's charges, because after all he worked closely with the PM for eight years. You won't find many of the PM's opponents taking that line, though, because they are afraid they will be taken, at best, for red neck bigots.

When it comes to imposing Quebec-style codified civil law on the country by degrees, you'll find many who concede this is happening and consequently they are preparing a last ditch fight to stop it. No government in Canada has the mandate to abandon the nation's common law traditions in favor of republicanism. No government in Canada has the right to present specific and drastic changes, then force implementation of those changes under a time schedule deadline.

Mr. Trudeau has pleaded for non-partisan treatment of his constitutional ideas, but then he assured that the whole issue will be totally charged with party politics. By his timing, he may be able to carry with him those of the party who are elected members of the House of Commons, particularly those who are office holders and hopefuls, but he is already creating huge gaps of support amongst those who follow the calling of politics by conviction.

The search for power can bend convictions and twist a man's personal philosophy. Constitutional change should never be dictated by those subject to such influence, but rather be conducted as Mr. Trudeau said, in a non-partisan atmosphere — with no deadlines or power brokerage to mar the good will which all participants must bring to such discussions.

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Camping Family Style

BY ANGELA AND FORD BOTHWELL

Q. Our family has never camped but we'd like to try. Some good friends of ours have offered to lend us a tent, stove, lantern and a few other items so we can see if we like it on our own. But we've been hesitant because, being inexperienced, we're afraid we might damage their equipment. Do you think we're being stupid?

A. It's certainly not stupid to be respectful of someone else's property, but that shouldn't prevent you from taking them up on their offer, since you already said your family wants to try camping.

Your friends know something that we've constantly preached in this column: If you're uncertain if your family will like camping, try it the first couple of times with rented or borrowed gear, so you don't have to put out a lot of money.

Remember, everyone starts out as a beginning camper sometime, your friends included. They're fully aware of the mistakes you might make, but they're also aware that their gear is relatively safe.

First of all, camping gear is rugged and built to take a beating. Secondly, the fact that your friends chose to lend it to you shows that they're confident you'll treat it properly. Your concern about borrowing it further proves it.

Now then, once you bor-

row the gear, don't consider your trip ruined in the unlikely event you do cause some small damage. There probably isn't a piece of camping gear that can't be repaired somehow, some way. If you can, repair the damage temporarily until you get home. Don't permanently repair anything in the field unless you have the proper material to repair it with and you know exactly what you're doing.

Once home, if you've broken something that's easily replaced, such as the globe on a lantern, do it. Otherwise, take the damaged item to a camping store and let an expert repair it. If the damage is severe, replace the item. Keep the damaged one, if its usable, and fix it up for yourself.

If your friends hear about the damage and insist on repairing it themselves, let them. Some campers don't like anyone else to work on their gear. As compensation, buy them a piece of camping gear you've heard them say they want.

A new Coast Guard regulation that went into effect Aug. 1 requires that all new boats and canoes have built-in level flotation, meaning a swamped boat will continue to float. Ask for free boat flotation information by writing: "Flotation," Camping Family Style, c/o this newspaper.



COMEDienne Goldie Hawn wants to be taken seriously as an actress. She recently filmed "Viaggio Con Anita" in Rome.



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Sports

Merchants win O'Keefe

softball tournament at Fair

MINDEN — The 2nd annual Haliburton County Fair Senior softball tournament was played over the week end at the fairgrounds. Seven teams took part in the tourney and the local favourites, the Merchants came away with the championship, downing Fenelon Falls 9-1 in the final game. Carling O'Keefe Breweries championship trophy has now been won by two Haliburton County teams, last year to the Haliburton Legionnaires.

Minden received a bye in the first round of the games, as Bancroft cancelled out of the tournament the evening before. They then edged a very pesky Beaverton squad 3-2 in nine innings. Rick Hartwick supplied the margin of victory with a home run. Minden then met the usually tough Fenelon Falls Victoria Sports but had little trouble disposing of

Shaw slams two homers

Minden whips Fenelon 8-3

FENELON FALLS — Minden Merchants travelled to Fenelon on Monday and treated their hosts anything but Royally. Rick Hartwick tossed a six-hitter at the Falls and Barry Shaw parked two Glen Sheehy pitches in the bleachers.

In the first inning Shaw and Hartwick led off the game with singles and Gene Newell slammed a double to the fence in left-centre, score 2-0. In the third, Jack Snell singled and Shaw hit his first of two homers, score 4-0. Then in the sixth Shaw slammed a solo homer to make the score 5-0. The 7th proved the downfall for Fenelon. Hartwick led off with a single, Dollo singled, Shaw doubled in Hartwick and then Snell doubled to score Dollo and Shaw and that was the ball game.

them 9-1. Harris Steele led the way with two hits hat scored three runs. Barry Shaw and Rick Hartwick opened the championship game in the top of the first with singles and Larry Kent doubled them home for a 2-0 lead. In the third inning the Merchants scored four more runs on singles by Kent, Snell, Hartwick and Shaw. The big blow was by Paul Sisson who stroked a triple to right field scoring Hartwick and Shaw. Then Steele went to work pounding out a single in the 5th accounting for two runs and then knocking in another in the 7th.

Bobcaygeon won the consolation final 4-0 over a surprisingly tough bunch from Harcourt. The Harcourt Lumber Kings kept the Blue Jays off the scoreboard until the bottom of the 4th when Wade Stamp, Joe Barrieau, John Kimble singled and Marty Nichols doubled to put the Jays up 3-0. In the 5th, Dan Byrne put the final run on the board with a homer to left field.

Here are a run-down on the games: 1 Minden by default; 2 Beaverton trounced Harcourt 8-3; 3 Huntsville defeated Bobcaygeon 7-6; 4 Fenelon Falls nipped Woodville 1-0; 5 Minden edged Beaverton 3-2; 6 Bobcaygeon edged Woodville 4-3; 7 Fenelon Falls prevailed 7-6 over Huntsville; 8 Bobcaygeon blanked Harcourt 4-0 and 9 Minden whipped Fenelon 9-1.

Fenelon finally got on the scoreboard in the bottom of the 7th, but it was too late. Final tally was eight for Minden and three for Fenelon.

Hartwick gave up three runs on six hits, walked four and struck out five in recording his 10th win of the season. Glen Sheehy gave up all eight Minden runs on 18 hits and fanned five.

Merchants give strong show at Lindsay tournament

LINDSAY — Minden Merchants once again participated in the tough Lindsay Invitational softball tournament recently and came up with a stirring performance considering the calibre of ball teams.

In their first contest on Sunday, they were dead locked in a 0-0 game with a team from Toronto Beaches. However, Al Mugford, a 22-year veteran of the league finally settled the issue in the 7th when he parked a Jack Snell curve over the centre-field fence, final score 1-0.

Minden then met Janetville in a do or die game to reach the consolation final. Minden was prepared, as Craig Stamp, picked up by the Merchants from the Haliburton Legionnaires along with Bernie Nichols, pitched a great game and the Merchants bats pounded the Janetville pitcher for 11 runs in an 11-5 romp.

Minden then advanced to the consolation final against the Bobcaygeon Blue Jays. In one of the closest games of the tournament, the Blue Jays eeked out a 2-1 win in the bottom of the 7th after Minden had led the entire game, 1-0. Stamp took the loss while Don Thibadeau picked up the win.

Few changes in YBC program

All the various activities of the Bowling Proprietors Association of Canada were discussed at great length at the annual conference held in Edmonton Alberta in June.

Relatively few changes were made to the YBC 5 pin program. The membership fee for the 1978-79 season will remain \$2, age divisions will be the same, and bowlers will again participate in selling packages of almonds.

Here are the changes that take effect this season a) For the YBC 5 pin 4 Steps to Stardom, a bowling centre must have a minimum of 10 members registered at Nov. 30th. E.g. Bantam boys 10, Bantam girls 10, etc., in order to enter a full contingent of 1 single and five team members. If a bowling centre has less than ten, the centre may purchase a spot for singles only. In past years, seven bowlers had to be registered in each division.

b) A "qualified scorekeeper" crest will be instituted during the new season. It can be purchased in March of 79 by YBC leagues for presentation to YBC members who have learned to keep score during the current bowling year.

c) The National Youth Bowling Council went on record as stating that adult volunteers who assist with the YBC program do not have to belong to any other organization.

d) Steps will be taken to ensure that coach, chaperones and competitors at the annual finals are fully aware of the rules and regulations which they are expected to obey. More thorough briefing sessions will be held at future National finals to fully acquaint everyone with their responsibilities.

e) In future, the National YBC will supply 3 Bowler of the Month crests for each month of the season. Program directors are to award one crest per month to a bowler in the Bantam division, one crest to Junior division and one to Seniors.

f) The 1979 National finals for 5 pinners will be held in Richmond-Delta, British Columbia on May 4,5,6, 1979.

Cty. dogs clean up ribbons at Fair on Sunday

MINDEN — Haliburton County dogs did very well at this years fair and some won 12 of the 16 ribbons.

The show was once again run by Fay Mansfield and special judge was Steve Morin. The following dogs won first place ribbons:

Best dressed, Tara, boxer, owned by K. Connelly
Largest dog, Kishniga, Borzoi, owner L. Mazurkiewicz
Smallest dog, Lady, owner Bruce Scribner, Minden
Shortest hair, Kelly, owner Bev Kimble, Minden
Longest Hair, Belle Vista Pedro, Jim Burton, Minden
Longest ears, Sam, Joanne Penny, Carnarvon
Shortest legs, Tammy, Joanne Penny
Most Spots, Sherry, Wade Woodward, Carnarvon
Longest nose, Kishniga, Borzoi, L. Mazurkiewicz
Sporting, Maggie, owner Don Holden, Minden
Hounds, Kishniga's, owner L. Mururkiewicz
Working Dogs, Toby, Eric Potter, Haliburton
Toys, Lady, Bruce Scribner, Minden
Non-Sporting, Teg, Gary MacDuff, Carnarvon.
Fun Show champion, Kishniga's, L. Muzurkiewicz.
Obedience Fun Match, Toby, Eric Potter, Haliburton

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Think small

by Jim Smith

A Glimmer of Hope

Somewhere in Ottawa, a small group of civil servants fear for their jobs. They are clever people, perceptive people, well aware of the realities of Canadian life. But, collectively, they slipped up and violated one of the most stringent rules of the bureaucratic code of conduct.

Specifically, the bureaucrats did something right. They put together a government program that, while modest, may help Canada pass smoothly out of the era of cheap petroleum.

The program was announced recently by federal Energy Minister Alastair Gillespie and commits Ottawa to support of the infant Canadian solar energy industry. Ottawa has promised to spend \$125 million installing solar space and water heating equipment in government buildings. There will be 25 \$10,000 grants for research and \$350,000 in prize money for contests to encourage development of more efficient solar systems. \$114 million will go into joint projects with the provinces and private industry. And there is more than \$100 million for research into energy possibilities of the forestry industry — such as space-age wood burning systems, a natural technology for Canada.

All told, that amounts to a little less than \$400 million which is still small change in the energy business. The significance of the program far outweighs the dollar value, however.

Up until recently, government energy pundits thought only in terms of heavy oil (tar sands) and nuclear energy. To some extent, that is still true. But Gillespie's announcement at least indicates that government is now aware that there are alternatives.

The importance of the alternatives to heavy oil and nuclear cannot be overemphasized. If we, as a nation, choose to concentrate on these two capital-intensive forms of energy, we will quickly run out of capital to invest in other areas of the economy such as building new industries. Solar power — and other types of renewable energy — on the other hand, relies more on labour (for installation and manufacturing) and less on capital investment, so it could solve some of our labour problems without draining our capital resources. And the possibilities for new small businesses are endless; renewable energy would eliminate much of our dependence on a handful of mammoth energy corporations.

With the exception of political promises, there are very few ways to mean "no" when you say "yes."

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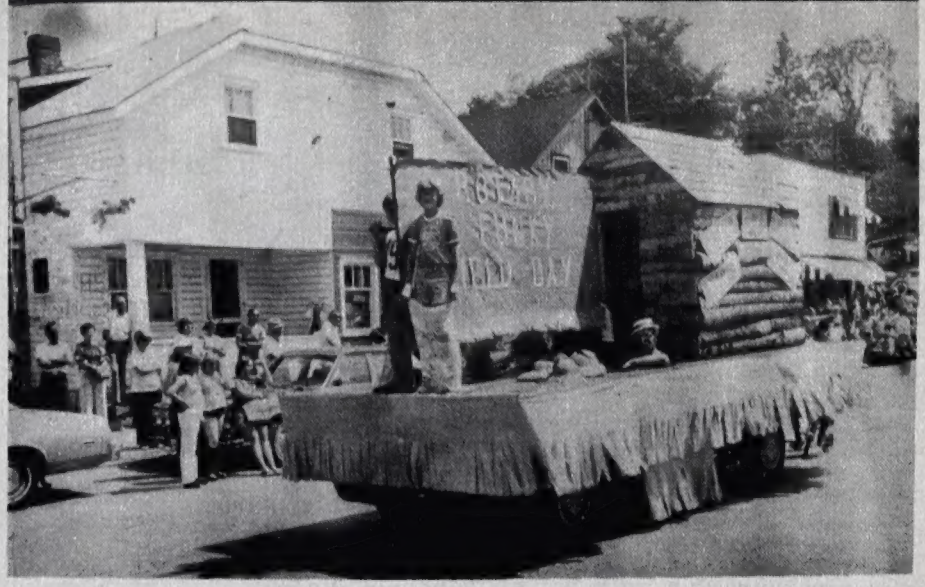
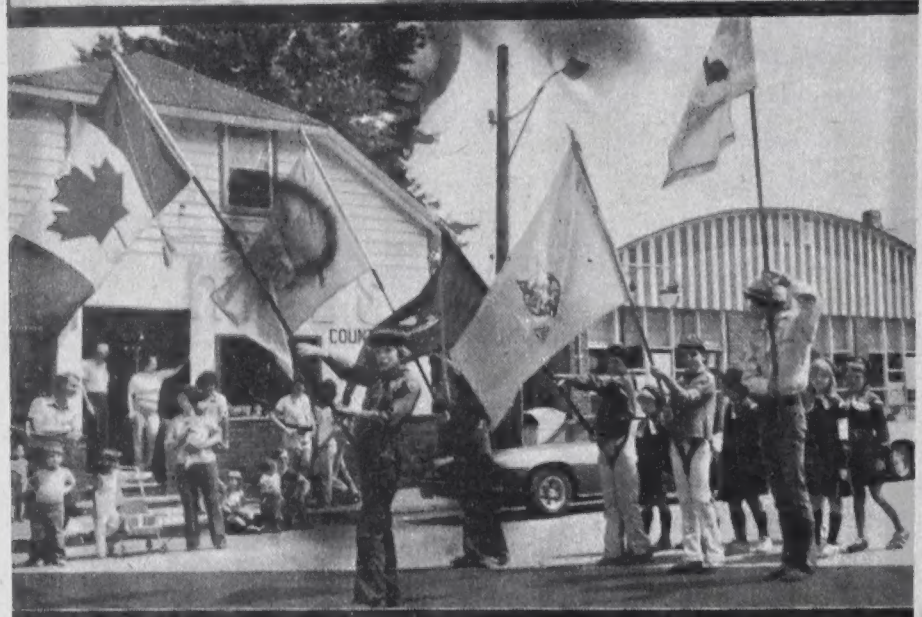
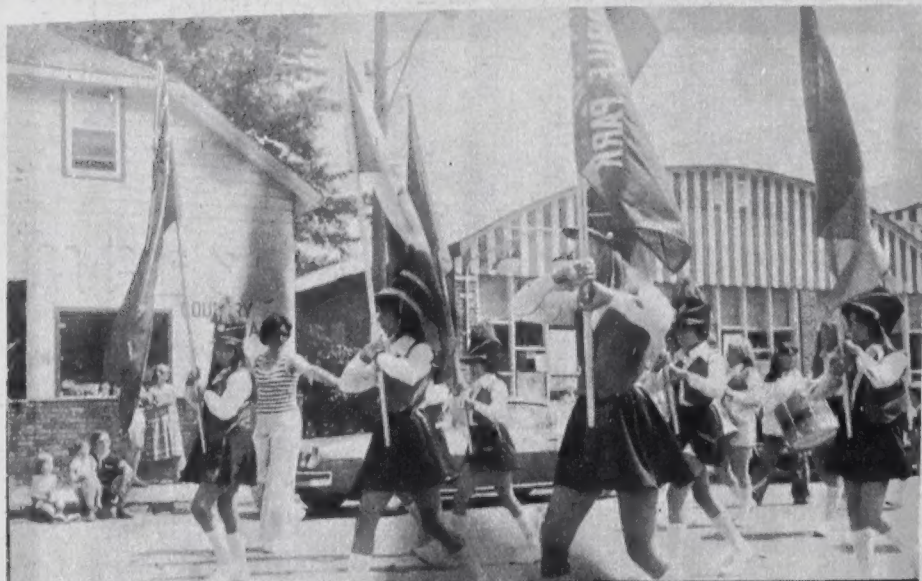
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114th HALIBURTON COUNTY FAIR HIGHLIGHTS FOR 1978

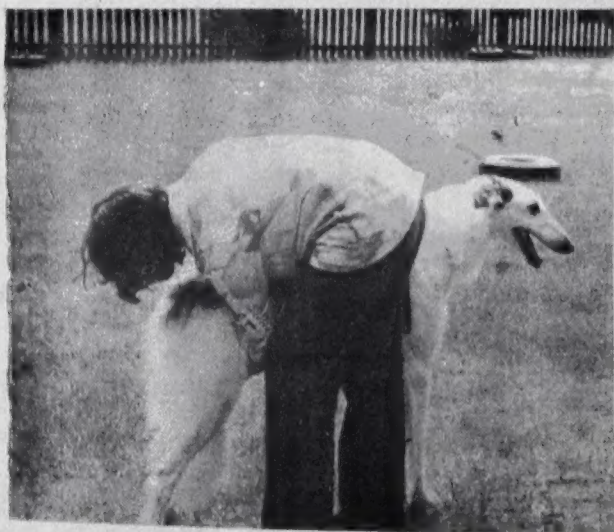
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County Fair Champions — Minden

MINDEN — The 1978 Haliburton County Fair Senior Softball champions are the Minden Merchants. Top row l-r, Harris Steele, Gene Newell, Dave Hartwick and Neil Burk. Centre row l-r, Barry Shaw, Brian Shaw and Larry Kent. Bottom row l-r, Paul Sisson, Jack Snell (captain), Rick Hartwick and Gord Paisley (coach).



Consolation Winners — Bobcaygeon

MINDEN — The 1978 Haliburton County Fair Senior softball consolation final winners are the Bobcaygeon Blue Jays.

There's help available

If your budget isn't up to the increase in meat prices, practice a little substitute shopping and experimentation. Preparation suggestions for cheaper beef cuts and other meats and protein sources are available from provincial and federal departments of agriculture, provincial marketing associations and magazines. It may also be a good time to examine the quantities of meat Canadians consume.

According to the Canadian Cattlemen's Association, Canadians consumed about 4.7 oz. of beef and veal per person per day in 1975 (108 lbs per annum). Average consumption per person, per day, for the European Economic Community countries in the same period was 2.5 oz. (57 lbs per annum). (The countries making up the EEC are: Belgium, Denmark, France, W. Germany, Irish Republic, Italy, Luxembourg, Netherlands, United Kingdom). Average U.S. consumption per person per day in 1975 was 5.6 oz. (123 lbs per annum).

Daily protein requirements for an individual are two servings of meat or alternates, according to Canadian Department of Health and Welfare. This is based on one serving being two to three ounces (weight after cooking) which provides 17 to 22 grams of protein. "Therefore a large steak would supply more than enough meat to score as two servings ... and fills the entire day's requirements for foods from this group," says the Canadian government publication, *Canada's Food Guide Handbook*.

This probably means that some Canadians are eating (and paying for) more meat than they require.

For detailed (and free) information on food requirements and shopping for food and nutrition, contact your provincial nutritionist and/or:

Food Advisory Division
Agriculture Canada
Ottawa KIA 0C5

For copies of *Shopping for Food and Nutrition*

Information Services

Agriculture Canada

Ottawa KIA 0C5

For copies of *Shopping for Food and Nutrition*

Canada's Food Guide Handbook

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CFL statistics

	EAST				
	TD	C	FG	S	P
Sunter, T	0	9	10	0	39
Skolrood, H	4	x-2	0	0	28
Sweet, M	0	8	6	1	27
Green, O	4	0	0	0	24
Hay, O	0	6	5	0	21

x-two-point conversion

	Rushing			
	C	Yds	Avg	TD
Metcalf, T	55	258	4.7	2
Starch, M	45	195	4.3	1
Ealey, T	19	192	10.1	0
Holmes, O	26	148	5.7	1
Murphy, O	35	119	3.4	0

	Pass Receiving			
	No.	Yds.	Avg	TD
Skolrood, H	16	280	17.5	4
Kinch, H	13	114	8.8	3
Smith, M	11	155	14.1	0
Edwards, H	11	71	6.5	1
O'Leary, M	9	134	14.9	0

	Passing			
	A	C	Yds.	I-C TD
Ealey, T	76	40	611	3 4
Jones, H	60	37	473	2 4
Shuman, H	58	26	378	3 5
Clement, O	42	25	386	3 2

Barnes, M	48	22	398	6 2
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	Punting		
	No.	Yds	Avg.

Clark, H	32	1526	47.7
Wade, M	6	274	45.7
Buono, M	22	970	44.1
Kunyk, O	25	1017	40.7
Sunter, T	32	1209	37.8

	Punt Returns			
	No.	Yds	Avg	TD

Rhino, M	18	181	10.1	0
Metcalf, T	9	258	12.0	0
Bennett, T	12	106	8.8	0
D. Thomas, T	8	79	9.9	0
D. Harris, M	14	76	5.4	0

	Kickoff Returns			
	No.	Yds	Avg	TD

Mofford, M	7	184	26.3	0
Meeks, H	7	171	24.4	0
Siganos, H	7	137	19.6	0
Metcalf, T	4	126	31.5	0
Green, O	5	110	22.0	0

	Interception Returns			
	No.	Yds.	LR	

Brune, O	2	51	51
Anthony, O	2	36	22
Downing, O	2	9	9
Armstrong, H	2	19	13
Rhino, M	1	23	23

	WEST				
	TD	C	FG	S	P

Cutler, E	0	12	11	3	48
Passaglia, B.C.	0	9	8	5	38
Germany, E	5	0	0	0	30
McFall, C	0	5	8	0	29
Ruoff, W	0	6	7	2	29

	Rushing			
	C	Yds	Avg	TD
Germany, E	62	328	5.3	5
Key, B.C.	53	298	5.6	3
Strickland, S	53	263	5.0	1
Burden, C	35	166	4.7	0
Washington, W	30	165	5.5	0

	Pass Receiving			
	No.	Yds.	Avg.	TD
Smith, E	18	266	14.8	2
Lang, E	18	211	11.7	1
Scott, E	16	215	13.4	1
Key, B.C.	15	175	11.7	1
Bailey, B.C.	14	168	12.0	1

	Passing			
	A	C	Yds.	I-C TD
Tagge, B.C.	126	75	907	3 5
Wilkinson, E	77	49	611	3 4
Lancaster, S	82	40	521	5 1
Brock, W	58	35	523	0 3
Hufnagel, C	72	34	549	3 3

	Punting		
	No.	Yds.	Avg.
Ilesic, E	32	1619	50.6
Ruoff, W	33	1654	50.1
Passaglia, B.C.	32	1503	47.0
Macoritti, S	25	1168	46.7
McFall, C	25	1054	42.2

	Punt Returns			
	No.	Yds	Avg	TD
Bright, B.C.	18	217	12.1	0
Hollimon, E	13	143	11.0	0
Walters, S	9	128	14.2	0
Butler, E	15	117	7.8	0
Crump, W	8	96	12.0	0

	Kickoff Returns			
	No.	Yds	Avg	TD
Crump, W	9	243	27.0	0
Sykes, C	8	220	27.5	0
Key, B.C.	4	144	36.0	0
Bright, B.C.	5	129	25.8	0
Hinton, B.C.	4	123	30.5	0

	Interception Returns		
	No.	Yds	LR
Highbaugh, E	3	68	41
Southwick, W	2	37	35
Hollimon, E	2	30	23
Irvin, C	1	32	32
Butler, E	1	27	27



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By GLORIA COLLINS

CURRY SAUTE

- 1 medium onion, finely diced
- 1 lb. regular ground beef
- 1 medium green pepper, finely diced, a little butter and oil
- ¾ tsp. salt
- 1 tbs. or more curry powder (depends on how fresh it is)
- ¼ tsp. garlic powder (or more to taste) and paprika
- ½ tsp. ginger, black pepper
- 3 cloves
- ½ c. water (or more later as needed)
- 1 c. raisins
- 2 fresh tomatoes, peeled and seeded or equivalent canned
- 1 c. frozen peas

Saute onion and green pepper in butter and oil over high heat until tender. Add ground beef and continue to saute several minutes until you can drain off excess fat from meat. Add salt, curry powder, ginger, garlic and cloves. Mix into meat and allow to cook another five minutes. Then add ½ c. water, raisins and tomatoes. Cover and simmer about 10 minutes. Add a little more

water if needed. Add frozen peas and continue to cook another 10 minutes. Add seasonings, adding more salt and pepper if necessary and serve over rice with mango chutney, bananas and coconut

STEAK DIANE

- 2 lb. sirloin, porterhouse or strip steak 1 inch thick
- 1 c. sliced mushrooms
- 1 sliced onion
- 1 clove garlic
- ¼ c. butter and a little oil

- 1 tsp. dry mustard
- ½ tsp. salt
- 2-3 tbs. chopped parsley
- 1 tsp. lemon juice
- 1 tsp. Worcestershire sauce
- fresh black pepper
- 3-4 tbs. brandy

Wash, dry and slice mushrooms. Slice onion and chop garlic. Cook in ¼ c. butter and a little oil for 2-3 minutes. Push aside or remove from pan. Add remaining butter. Blend mustard, salt and parsley and add to butter in skillet. Coat steak on both sides in butter mixture. Cook approximately 3

minutes on each side over medium high heat. When steak is almost cooked to your liking, remove from pan. Blend lemon juice and Worcestershire sauce with butter mixture. Return steak and mushrooms. Coat well. Add brandy. When it is hot ignite. Serve at once.

TARRAGON CHICKEN

This classic chicken saute was first served to me by Helen Ross. It is her adaptation of a recipe by Craig Claiborne.

- ½ c. all-purpose flour
- 2 tsp. salt
- ½ tsp. freshly ground black pepper
- 1 frying chicken cut into serving pieces or chicken legs
- ¼ c. butter
- 2 tbs. finely chopped shallots or green onion
- 1 clove finely minced garlic
- ½ c. dry white wine
- 2 fresh tomatoes, peeled and seeded
- 1 tbs. chopped parsley and ½ tsp. or more dried tarragon

Combine flour, half the salt and half the pepper. Dredge chicken in flour and brown in 3 tbs. butter in a large heavy skillet. Transfer to a warm dish, put rest of butter in skillet and add shallots and garlic. Saute over low heat 3 minutes, stirring all the while. Do not brown. Add wine and cook, stirring until brown particles are dissolved. When most of liquid has evaporated, return the chicken and add tomatoes. Salt and pepper to taste. Add tarragon, cover and cook 30 minutes on low heat or until chicken is tender. Sprinkle with parsley and serve with rice.

SAUTE DE VEAU

- 1 lbs. veal shoulder steak about ¾ inch-1 inch thick
- flour
- salt and freshly-ground black pepper
- ½ tsp. paprika
- 1 tbs. butter
- 1 tbs. oil
- 1 finely chopped onion (small)
- ½ clove garlic
- 1 bayleaf
- ½ tsp. thyme
- 1 sprig chopped parsley
- ½ pint chicken stock (made with cube if necessary)
- ½ glass white wine
- 2 small carrots, sliced lengthwise

Cut veal into ¾ inch or 1 inch cubes. Dredge in flour and season with salt, pepper and paprika. Saute in hot butter and olive oil until browned on all sides. Add onions and garlic; cook briefly and then add bayleaf, thyme and parsley (tied in cheesecloth if possible). Add stock and wine; cover pan and simmer gently about 20 minutes. Add sliced carrots, cover pan and simmer until carrots are tender and veal is cooked. If sauce is too thick, add a little more stock as needed. If it is too thin, thicken with a little flour and butter that have been rubbed together with your fingers. Serve with herbed rice and sherried onions. (Recipes for those will be given next week.)



Thinking Slim

BY JEAN NIDETCH

What do you think "Kiss me, Nicholas" stands for? Obviously, if it were just a forthright demand for affection, I wouldn't bother to ask.

Give up? "Kiss me, Nicholas" is what country folk in Italy call the herb basil! That's because in Italy, basil has been associated with successful

courtship for hundreds of years. If the hero was going to win the heroine, then he planted a sprig of basil behind his ear before he took her out on the town!

The Greeks, though, took a dimmer view of it. To them basil was a symbol of poverty, hate and general nastiness! And going along

those lines, one story has it that Salome hid the head of John the Baptist in a pot of basil.

Well, whatever their viewpoint, my viewpoint is that basil is one of the nicest herbs around! It's absolutely marvelous with tomatoes and potatoes, and where would a spaghetti sauce be without it? Then there are omelets and steak — I could go on and on.

The point I want to stress is that it's all too easy to overlook the way herbs and spices enhance foods — without enlarging the fig-

ure. On a weight control program, what's more important than taste (and eye appeal)? After all, no one

wants to feel deprived of "good taste" as the pounds fall away, and with the right amount of dash (!), herbs allow you to savor dishes with the enthusiasm you used to bring to chocolate eclairs!

Take cottage cheese, for instance. The typical "diet" food — white, bland, thoroughly unappealing! Yet if you sprinkle some chopped fresh chives on it, suddenly the eye becomes

interested. And a lifeless dish turns into an appetizing, tasteful experience.

Chives, incidentally, are a cousin of the onion and are native to the Orient where people have enjoyed their flavor for at least 5,000 years!

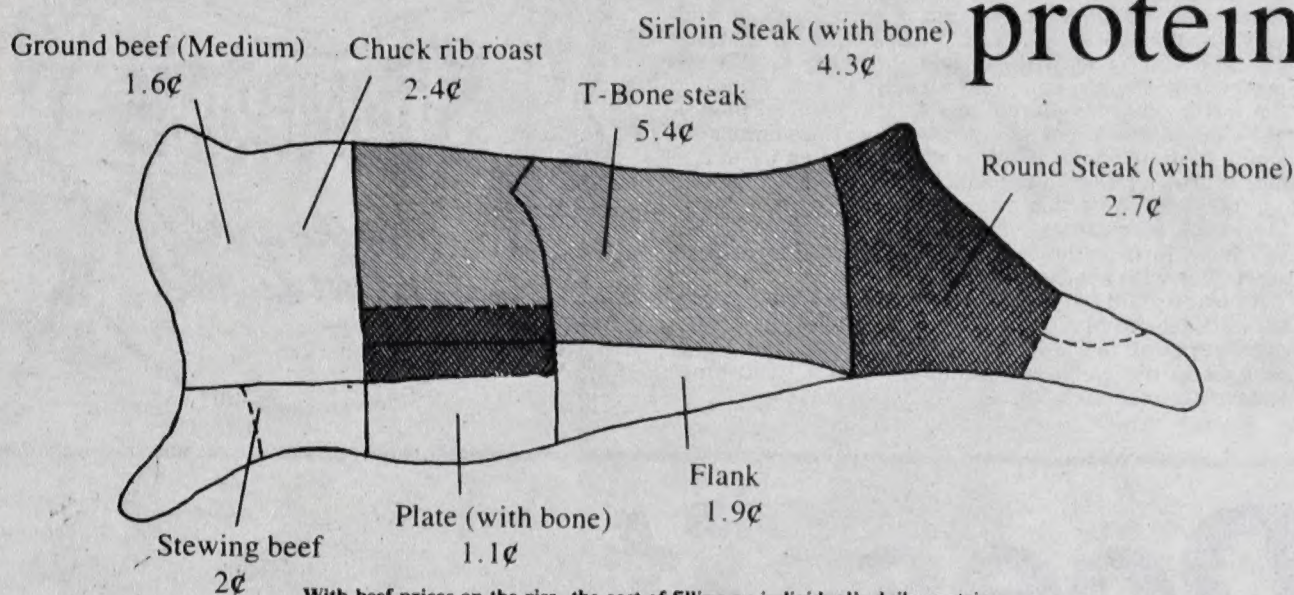
As with basil, chives work beautifully with eggs, potatoes, soups and all kinds of vegetables. So the next time you start preparing a main dish — or a salad — don't just reach for the salt and pepper. Get hold of the basil and the chives, back there in the cupboard! They have an

important place in your weight control program.

FREE: A new booklet on how to maintain nutrition while losing weight. For your copy, send a long, white self-addressed stamped envelope to: "Nutrition, Weight Control and You," JEAN NIDETCH, c/o this newspaper.

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Cost per gram of beef protein



With beef prices on the rise, the cost of filling an individual's daily protein requirements (approximately 40 gr.), from only beef and staying within a budget are becoming more difficult. The cost per gram of protein above is calculated from raw weight and average Toronto prices for the week of May 31. The light gray area is the least tender portion of the carcass, the medium gray-moderately tender and the dark gray-tender. To calculate cost per gram of protein in your supermarket send to the Department of Health and Welfare, Health Protection Branch, Ottawa, Ontario K1A 0B7, for their booklet, Nutrient Value of Some Common Foods.

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Jolly Green Thumb

BY MARY FUREY CRYMES

The warm weather salad season brings a rash of inquiries on the best way to raise an avocado plant. Greens lovers hate to discard the pits after enjoying the succulent fruit. There's no "best" way to produce a handsome plant, and there are several schools of thought on how to create tomorrow's thing of beauty from today's garbage.

There is agreement on the fact that the riper the fruit, the better the pit for good growth. If you find one already split with a bit of root showing, there's a leg up. It will look like a tennis ball that's been in a hard tournament, but this is the kind you want to grow. Peel off the papery brown layer, and cut a thin sliver off the top (pointed end) and bottom with a knife or razor. This speeds germination.

Now you can do one of two things. Drive three or four toothpicks or thin nails around the middle and suspend the pit in a glass of water with the bottom just wet. When water begins to look brackish, change it and wash the glass. When the root begins to grow, plant the pit in potting soil with at least a third of the tip protruding. Or, you can plant directly in soil, skipping the water business altogether. Avocados need plenty of light, but not direct sunlight, so keep the plants at a sunny south window. Water frequently, even when it's only a brown bump in the soil. Soon, green shoots will emerge and you either repot or cover the base with more soil. Sometimes, none of the above works, and you have to face the fact that you have a loser and start over with another pit.

Avocado plants are springing up everywhere. Some growers let the plant shoot straight up; others prune greenery back to make bushier plants. But, don't put that pit in the garbage — convert it to a handsome houseplant instead.



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2 TIRES, E78-14, low mileage, phone 489-2694. (29)

1 EVENING GOWN, black size 15, maternity — worn once. Call 286-1852. (29)

MEN'S CCM, 3 speed bicycle, practically new; humidifier, electric baseboard heater, aluminum door, 32 x84" right hand opening & miscellaneous articles. Call 457-2676. (28)

1972 Maverick Sprint, 2 door, 302 V8, 3 speed — standard trans., good original mileage, excellent condition, licensed and certified, \$1000. Phone 457-1956 after 6 p.m.

1974 Plymouth Scamp — ps, slant six engine, good condition, vinyl top, 754-2951 after 6 p.m. (28)

APACHE Hard Top Camper sleeps 8, propane stove and ice box, sink, hydro & water hookups. \$900. Phone 457-1538. (32)

— TIRES —
POLY JET BELTED on sale!
Large stock of ALL POPULAR SIZES.
Call 457-1258
McGuire Tire Sales Ltd.
Haliburton, Ontario
(behind Red & White) (28-2c)

Posturepedic 54" Mattress, used 1 month, very clean like new, cost \$96 sell for \$50 cash (rose pattern). Also a Pioneer chainsaw, 14" cut auto. chain oiler, new cond. cost \$189., sell at \$125. Parlor wood stove, new cond. used 3 months. Phone (705) 766-2922 Dorset exchange. All articles cash, no cheques

Electric kitchen range 20" good working condition, \$25 Phone 754-2665. (30)

10 hp WHEELHORSE riding mower, cutting attachments, snowblower & plow. \$1200 or best offer, phone 286-2877. (32)

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FIBREGLASS BOAT with convertible top, seats six, with 75 hp Evinrude motor \$1200 or best offer. Minden Boat Works. (32)

6 hp Mercury OUTBOARD motor, twin cyl., excellent condition, \$190. Telephone 489-2163. (31)

Kenmore Electric stove, excellent condition, washbasin and towel racks, good for cottage, call 489-2929. (30)

1976 HORNET Hatch-Back, V8, standard, pb, ps, 11,000 original miles, \$2600. Call 286-2028. (30)

OMC Inboard-Outboard in good condition, asking \$2000 Minden Boat Works. (32)

BOLENS H11XL TRACTOR and mower, demonstrator. North Shore Lawn & Garden, 489-2489. (32)

GARAGE SALE — Hwy. 35 two miles north of Hall's Lake, call 489-2297 for information. (26)

Minden residential lot, approx. 132' of frontage. For information phone 286-2991.

ROUND WOOD TABLE — call 457-2672. (30)

GAS PUMP with above the ground tank \$150. Ideal for marina or contractor, 489-2297. (30)

LAZY BOY CHAIR, antique cane chair, girls bike, electric lawn mower, hedge trimmers, Coleman heater 489-2297. (30)

TWO WOOD HEATERS — \$75 each, two brass beds, \$50 each, Toledo scales \$25 2 sets of fireplace dogs \$25 one brass one, \$35; 2 solid walnut side chairs \$15 ea., Queen size walnut head boards, \$10 each, 1 Franklin wood heater, takes 18" wood \$125., Kitchen wood stove with warming closet \$175., contractors wheelbarrow, air tire \$40, Oak barrel butter churn, \$75.00 call 457-2167 after 6. (30)

One set double bed springs phone 457-2672. (30)

1978 FORD PICKUP, four wheel drive, low mileage, with '78 camper. Includes all conveniences or will sell camper alone. Phone after 6 pm. 489-2109. (30)

1974 PINTO, in good condition. Asking \$1800. Phone 457-2190. (30)

FOR SALE

1973 Chev. Biscayne, automatic, power, 8 cyl., 60,000 miles, 2 new tires. Needs some minor repairs. Lists at \$1325 will sell "as is" for \$975. to clear estate. H. Lloyd Johnson, 286-1573

SNOWMOBILE TRAILER, \$150; Hoover washer \$35.; Refrigerator \$90; Electric stove in excellent condition \$200; two box stoves, one \$100 and one \$70 and a five drawer filing cabinet at \$25 phone 489-2731. (32)

Used overhead garage door and track. Reasonable. Call 489-2806 or 489-2036. (30)

14' WOODEN BOAT with 18 hp Johnson motor, electric start, \$450. Stevens, Canning Lake, 286-2629.

Massey Ferguson 7 horse electric start lawn-garden tractor with mower. Asking \$750. Phone evenings 286-2971. (31)

HOME IN MINDEN, four bedrooms, good terms, must sell, 457-2320 or 286-1454. (31)

1 set of Pre-Cast Cement Steps, 2 risers, 15" high, 4' wide, with a 36" platform. Nearly new in good condition, \$55. Telephone 448-2124. (31)

1 ACRE, well treed lot with small cottage on Hwy. 35. Call 286-1098. (31)

Coleman SPACE HEATER approx. 26"x24" thermostat on regulator, blower fan attached to case, complete for \$125. Ideal for large cottage or small home. (32) H. Lloyd Johnson, 286-1573

17' Mahogany Plank Grew Cruiser, 90 hp Evinrude motor, power trim plus extras. EZ load trailer, 2000 lb. capacity, \$1400. Phone 457-1538. (32)

FOR RENT

3 BEDROOM HOME with attached garage in the Minden area. Close to town. Phone 286-1098. (31)

3 bedroom cottage on the lake for last week of August and month of September. Call 489-2806 or 489-2036.

WANTED

50 FENCE POSTS, 6 x 5 cedar minimum, will pay \$1 each delivered. Phone 489-2081. (32)

What will the phone company do with all those unneeded miles of cable when the political speeches are over — let the accountants hang themselves after trying to figure out the toll calls?

Special Notices

Special thanks to all the amateur contestants, Misty River Ramblers, McKay Brydon, my judges and helpers. To PL. Brown Owl, Sportsman Bay Riding Stable. I couldn't do it without you. Gwenn Duncan, Amateur MC, County Fair. (32)

Wanted to Rent

Storage space for furniture, clean and dry, Minden-Kinmount area preferred. Call 286-1424 — 9:30-5:30. (28)

CALENDAR OF EVENTS

SUMMER THEATRE
Monday evenings 8:30 p.m.
Haliburton Highlands
Secondary School
Sponsored by Haliburton
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August 28 —
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CHESTER, YOU OWE MY
BIRD AN APOLOGY
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REGULAR PRICE \$4.00
Advance book of 4 tickets
\$14.00
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SERVICES

HORSES BOARDED for summer or winter, good trails. Telephone Woodland Ranch, 754-2040. (31)

I would like to babysit in my home, Mon. to Friday, \$25; Mon. to Sunday, \$40.00 Please call 489-2036. (24)

Help Wanted

Wanted companion housekeeper for elderly woman at Maple Lake for September-October or if interested September to June. Phone 489-2458. (32)

COMMUNITY CALENDAR

CARPET & UPHOLSTERY CLEANING
by DURACLEAN Services absorption process. Wool and velvets are our specialty!
Telephone: 286-2883 for a Free Estimate. (27)

ATTENTION TRUCKERS!
Have your old tires retreaded.
W. H. TREADS
offers you quality work at competitive prices. We do top cap or full tread. Phone 457-2282 (Wentworth's Marina) for more details. (24c)

• DISC JOCKEY •
now available in the area! For: Weddings, Anniversaries, parties. Large selection of records and tapes for all types of music. Call Ray Woodward, 754-2040.

Samantha READS YOUR STARS

If you were born this week: You don't mind taking chances and tend to act a bit hastily, somehow managing to land on your feet almost every time. You like to be busy; idle time sits heavily on your hands. You appreciate promptness in others and dislike having to wait for anyone.

ARIES (3-21/4-19): Idea you once discarded may resurface this week. It's really no better the second time around. Aries, so don't get carried away by it. Later, play your cards close to your chest, keep a poker face to take in the pot.

TAURUS (4-20/5-20): Be careful whom you listen to, Taurus, and mind your p's and q's, or full moon activity could create a few problems. Then, schedule your agenda to include a group function and a social occasion. Days warble with a capital W, for whispers, waiting and whoopee.

GEMINI (5-21/6-20): Great news arrives and promises may be made. It won't pay to be too excited, though, because like a ghost the whole kit and kaboodle could dematerialize. Sorry about that, Gem! Days do hold a spicy encounter and a soft-shoe routine that looks rather like a side-step number.

MOONCHILD (6-21/7-22): Finances-resources highlighted. Moonbaby, if the situation arises, give cheerfully — from the heart. Then, your yen to get away for a bit may mask the urge to escape a certain domestic tangle. Don't you think it would be a good idea to stay home and straighten it out?

LEO (7-23/8-22): Close associate could have a surprise or two in store for you in week ahead. Leo, a proposition should be looked over not once or twice, but thrice for hidden booby traps. Flays come to sparkly, and sparkling, close!

VIRGO (8-23/9-22): It's very difficult for you to see someone having a problem and not step in to help solve it. Sometimes, though, it's better just to wait and watch.

PISCES (2-20/3-20): It takes a lot to get your dander up, Pisces, but this week's last straw is likely to do it. Just try to use that temper constructively and smashing china against the nearest wall is not really considered constructive!

They call 'em "pollytics" because so many of them make as much sense as parrots.

LIBRA (9-23/10-23): Cupid calls the shots, and with the help of a romantic full moon, they're strictly sensational! Then, a job to do which requires you to write your own job description; and even then, you'll have to improvise! Days zoom by to zesty fini, Libby.

SCORPIO (10-24/11-22): Avoid areas of conflict this week, for tempers are touchy, and you don't really want to stir up an emotional hornets' nest, Scorp. Later, doubts about your romantic attachment give you food for thought. Days shut down firmly.

SAGITTARIUS (11-23/12-21): Calls and errands keep you busy, Sag. One particular message from a close contact may completely change your plans, not to mention your original premise! Week flips by with home, happiness and hoopla on agenda.

CAPRICORN (12-22/1-19): You're very shrewd when it comes to financial affairs, Cappy, but even you can make a blooper. Exert special caution in handling those greenbacks this week. Later, strange hijinks, a visitor and a snappy close.

AQUARIUS (1-20/2-19): When a certain person finds out about your change in attitude, the sparks are apt to fly. That's no problem for you, Aquari, with your symbol being the waterbearer, you can put out anyone's fire! Days leap gleefully by.

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NOTICE

Due to illness, BLUE RIDGE RIDING STABLE was closed last week, however we are happy to report that we are now back in FULL Operation!

Norm Hobbs

754-2683

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The Classified Columns
Of The Highlands Express



THIS EAGLE is just a flight of fancy of sculptor Dennis Patton. Skeleton is of leaves, twigs and branches with rest of bird fashioned of eucalyptus, magnolia and madrone leaves tacked onto the frame. Patton, who's been displaying his art work near the freeway for all to see, got a community thank you with a show that included his realistic bird at the Marin Civic Center.

Nine district boys and girls get Jr. Ranger program jobs

John Eakins MPP reports that 18 young people from the Counties of Victoria and Haliburton applied for positions under the Ontario Ministry of Natural Resources Junior Ranger program. Of the 18 applicants, nine were successful, four boys and five girls.

Mr. Eakins said that this is an excellent program and commends the young people who made application and were successful in gaining this very valuable experience. He also expressed the hope that young people anticipating the program another year will certainly have their applications filed early.

Information on the program can be obtained from the nearest office of Natural Resources.

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Which One is the Drop-out?



All of them. Ten million Americans have high blood pressure but dropped out of treatment. High blood pressure can't be cured but it can be controlled. If you need medication, take it daily.

High Blood Pressure
Treat it ... and live.

Crossword Puzzle

Here's the Answer

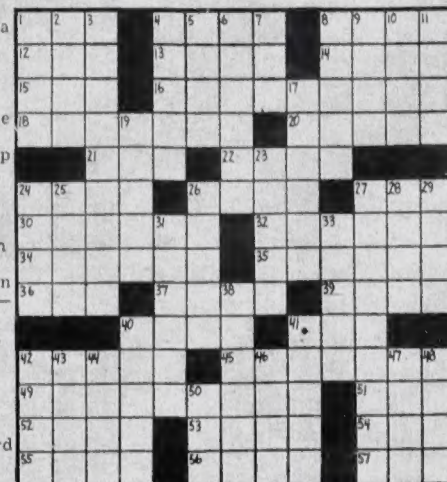
This and That

ACROSS

- 1 — of a kind
- 4 —, look and listen
- 8 — and gone
- 12 An — to the ground
- 13 Kind of recorder
- 14 Pen name of Charles Lamb
- 15 — so forth
- 16 North, South and Central
- 18 More forbidding
- 20 Ventures
- 21 —, white and blue
- 22 Forever and ever, —
- 24 — and female
- 26 Europe, Africa and —
- 27 — a fine seam
- 30 Deported
- 32 — while the iron is hot
- 34 Afternoon nap
- 35 — totter
- 36 Balaam and his —
- 37 Mimics
- 39 Kind of ranch
- 40 Chooses
- 41 Mediterranean or Baltic —
- 42 Through
- 45 Hawser spool
- 49 Midwestern university (2 words)
- 51 Anger
- 52 Anchor
- 53 Fencing sword
- 54 Come —, come all

DOWN

- 1 Afternoon parties
- 2 Waste not, — not
- 3 Hospital attendants
- 4 Take a firm —
- 5 Domesticated
- 6 Musical dramas
- 7 — diem
- 8 Nut
- 9 Wing-shaped
- 10 Trigonometry function
- 11 Russian news agency
- 17 Fancy
- 19 Stoggers
- 23 Light fogs
- 24 Plateau
- 25 Rotary center
- 26 Alter to suit
- 27 Place
- 28 Pieced out
- 29 Existed
- 31 Russian warehouses
- 33 Counsels
- 38 Get away
- 40 Scents
- 41 Celerity
- 42 — on the range
- 43 Exclamations
- 44 Unruly uprising
- 46 Sun disk
- 47 Italian river
- 48 Lack
- 50 Far (prefix)



?? Ask Alma

Dear Alma:

I have a problem. My husband and I live alone. He comes and goes when he pleases and never tells me anything when he gets home from being gone all day. He asks where I've been and what man friend I have been out with. There's no love in this house for my husband is always saying that I am out with someone. And yet he never tells me where he goes and I find out he lies to me. Don't tell me to leave for I have nowhere to go and I am not able to work.

What would you do? I just gave up. — Jean.

Dear Jean:

I would not give up. Speak to the pastor of your local church. He should be able to advise you or send you to an agency for family counseling. You need guidance from a trained person to learn how to handle your problems.

Dear Alma:

I am really upset about the fact that my mother is always picking on me. I say something nice to her and I get yelled and screamed at, but when my younger sister says something it's all hugs and kisses.

Please help. I don't know what to do. I'm going crazy getting into trouble for everything I do. — Confused in Canada.

Dear Confused:

Believe it or not, your

problem is a very common one. You must let your mother know how you feel but not in an angry argument. You express yourself well. Why not write Mom a letter explaining how you feel and ask her to reply in writing. Sometimes this is a good way to open communications. Mother can't do anything about it unless she knows the problem.

Dear Alma:

What started out as a simple discussion led into a heated debate which, we decided, we would let you settle.

A walk along the beach revealed a complete assortment of styles and sizes in attire and bodies. My friend remarked, "See that woman over there? She shouldn't be wearing shorts; she's so bow-legged."

I can't accept that. If this bow-legged lady is unconscious about her shape and can be comfortable in public with her legs showing, I think she should do just that. The younger generation in my home has taught me to wear what pleases me and I like that philosophy.



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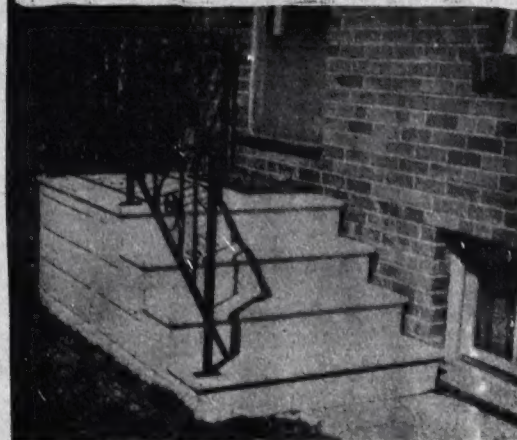
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